

Betty's Peppery Chili Con Carne



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In this video, Betty demonstrates how to make Peppery Chili Con Carne. This is a hot and spicy, meaty chili with no beans. You can make a milder version by following the hints below.

Ingredients:

- 2 ½ pounds bottom round steak, cut into ¾-inch cubes
- 3 tablespoons peanut oil (1 ½ tablespoons for browning each of two batches of meat cubes)
- 2 ½ teaspoons salt
- 1 teaspoon ground black pepper
- 1 jalapeno pepper, chopped (You may omit the jalapeno pepper for milder chili.)
- 1 medium onion, chopped
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- 2 tablespoons chili powder (You may reduce the amount of chili powder, to your taste.)
- 1 teaspoon ground cumin seed
- ½ teaspoon oregano
- 3 cloves garlic, finely chopped
- 10-ounce can Rotel diced tomatoes and green chiles (You may substitute a 14.5-ounce can of undrained chopped tomatoes for milder chili.)
- 1 tablespoon brown sugar (optional)
- 3 cups water, or enough to cover meat and vegetable mix

Place 1 ½ tablespoons peanut oil in a large pot over medium heat. Season 2 ½ pounds bottom round steak cubes with 2 ½ teaspoons salt and 1 teaspoon ground black pepper. Place half of the seasoned steak cubes into the hot oil and arrange them into a single layer. Brown the steak cubes on the bottom side, then use tongs to turn them to brown them on the top side. Remove browned steak cubes to a bowl for storage and repeat the browning process for the rest of the steak cubes. Place the chopped jalapeno pepper, chopped onion, chopped red bell pepper half and chopped green bell pepper half into the drippings that remain in the bottom of the pot. Place over low to medium heat and soften for about 5 minutes. Season the softened vegetables with 2 tablespoons chili powder (or less), 1 teaspoon cumin, and ½ teaspoon oregano. Add 3 cloves finely chopped garlic. Cook over low heat, stirring constantly, for about 30 seconds to a minute. Now, add steak cubes (including juice) to softened, seasoned vegetables. Add a 10-ounce can of Rotel diced tomatoes and green chiles (or substitute a 14.5 oz-can undrained diced tomatoes). Next, add an 8-ounce can tomato sauce. Add 1 tablespoon brown sugar, if desired. Stir the mixture around and add about 3 cups water, or enough for the liquid to reach the top of the meat and vegetable mixture. Bring chili mixture to a boil over medium to high heat. Once it comes to a boil, cover with a lid that fits, reduce heat, and cook for 1 hour. Remove lid, taste and adjust flavor, if needed, and cook (without lid) for another hour. Stir occasionally. Serve the chili immediately with corn tortilla chips (or other favorite chili accompaniment). This chili is spicy and hot, but you can make it tamer (or hotter!) by just adjusting the ingredients, as given in the suggestions above. I hope you enjoy this Peppery Chili Con Carne! --Betty :)